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## **Medicaid Smoking Cessation Services for Pregnant Women**

*By Division of Health Care Financing and Tobacco Prevention & Control Program Staff at the Utah Department of Health*

In November, pregnant Medicaid clients who smoke were contacted about programs in their local areas to help them stop smoking.

Like all Medicaid services, smoking cessation for pregnant women, is available at no cost to the woman. Medicaid is making these services available to promote:

- healthier babies,
- fewer complicated deliveries and
- healthier, happier Moms.



If a pregnant woman stops smoking and continues to be smoke free, she will have:

- more energy,
- a healthier baby,
- more money (what she doesn't spend on cigarettes) and
- her breath, hair and clothes will smell better.

Pregnant women enrolled in Medicaid who use tobacco may call the Bureau of Managed Health Care at 1-800-662-9651 to get information on services available to help them stop smoking.

Pregnant women need programs that address their special needs. The smoking cessation programs are designed to meet the needs of pregnant women in the following ways:

- offer support to help pregnant women quit smoking.
- focus on lifestyle, weight gain, and the social and emotional issues facing pregnant women.
- teach strategies to help pregnant women quit smoking for life.

Smoking by pregnant women is associated with numerous health problems including:

- ▶ pregnancy complications,
- ▶ infant death,
- ▶ illness.

Pregnant women who smoke also put themselves and their babies at greater risk for:

- ▶ Stillbirth
- ▶ SIDS
- ▶ Infertility
- ▶ Miscarriage
- ▶ Cleft Palates and Lips
- ▶ Premature Birth
- ▶ Middle Ear Infections
- ▶ Upper Respiratory Tract Disease
- ▶ Childhood Cancers.

Nicotine in cigarettes is very addictive and quitting smoking is often a process rather than a one time event.

It is never too late to stop smoking! Remember that "if you slip, it's only a slip. It does not mean you have failed."

If you are a pregnant Medicaid client, call 1-800-662-9651 to find out about smoking cessation programs in your area.

The services are at no cost to you and will help you get the support you need to stop smoking and stay tobacco free after your baby is born.

The most important thing you can do for your health and your baby's health is to stop smoking.

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## **Utah Department of Health Health Clinics of Utah**

- **Salt Lake Clinic**  
2121 South 230 East  
Salt Lake City, Utah  
84115  
801-468-0354
- **Cannon Health Building**  
288 North 1460 West,  
Suite 113  
Salt Lake City, Ut 84114  
801-538-9424
- **Health Clinics of Utah - Ogden**  
2540 Washington Blvd., Suite 122  
Ogden, Utah 84401  
801-626-3670



- **Health Clinics of Utah - Provo**  
150 East Center Street, Suite 1100  
Provo, Utah 84606  
801-374-7011

**Our mission is to provide high quality medical care, assist in improving the quality of life and promoting self-reliance for our patients.**

**Utah Department of Health Launches Tobacco Quit Line for Utah Youth!**



The Tobacco Prevention and Control Program is excited to announce a new Utah Teen Tobacco Quit Line, which kicked off late this fall. Ads promoting the teen quit line have been airing on radio and TV, as part of the "Truth About Tobacco" media campaign .

The Utah Teen Tobacco Quit Line is a statewide, toll-free telephone based resource available to all Utah teens who are interested in support for quitting tobacco. Parents or friends of teens are also able to receive assistance in how to help their teen/friend quit tobacco. This service provides screening, counseling, support materials and referral to additional cessation assistance when appropriate.

**Hours of operation:**  
Monday – Thursday: 10am – 9pm  
Friday: 10am – 6pm  
Saturday: 10am – 2pm

*The average person will spend two weeks over their lifetime waiting for the traffic light to change.*

Your rights to medical care: As a **Medicaid** consumer, you have the right to get medical care regardless of your race, color, nationality, disability, age, sex or religion. If you feel you have been treated unfairly or discriminated against for any reason, call your HMO. Ask to speak with the Civil Rights coordinator. If you are not enrolled with an HMO, call Health Care Financing at 1-877-291-5583.

**Salt Lake Donated Dental Services**

Salt Lake Donated Dental Services is now accepting Medicaid patients. They offer a broad range of general and special services. Located at:



415 West 400 South  
Salt Lake City, Utah  
801-983-0345

Bus routes 34, 34 Express 17 19 and others, including Light Rail are within four blocks of our office.

- Different private practitioners volunteer each day for:
- Fillings,
  - Root Canals,
  - Stainless Steel Crowns,
  - Sealants,
  - Cleaning,
  - Exams and
  - Dentures, with prior authorization

No orthodontia available.

Please call for an appointment today.

**Did you Know?**  
*Utah has the lowest smoking rate in the USA. For adults over the age of 18, Utah County Health District is the lowest at 7% and Southeastern and Tooele County Health District were the highest at 20%. Source: Utah Health Status Update Nov 99.*

**Resources**

Check Your Health Hotline	1-888-222-2542
Health related information and referral	
Medicaid Hotline	1-800-662-9651
Baby Your Baby Hotline	1-800-826-9662
Prenatal and Child Health Care Information	
CHIP	1-888-222-2542
Children’s Health Insurance Program	
Immunize by Two	1-800-275-0659
Baby Watch Program	1-800-961-4226
Early Intervention - birth to 3	
Family Dental Plan	
Salt Lake	1-801-468-0342
Ogden	1-801-394-4495
Provo	1-801-374-7011
St. George	1-435-652-3806

Send comments or suggestions to:  
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P.O. Box 143107  
Salt Lake City, Ut 84114-3107  
Call 538-6417, or toll free 1-877-291-5583  
E-mail [rpickle@doh.state.us](mailto:rpickle@doh.state.us).